

Toilet Training

For children ages 1 1/2 - 3

There is no set age at which you should start teaching your child how to use the toilet. The key is to choose the right time for your child. Most kids start to show signs of being ready around 2 years of age. By 3 or 4 most kids have control during the day. Staying dry at night may take a little longer.

Getting Started

- **Relax.** A calm approach works best. Good toilet training takes time and lots of love.
- **Show your child what to do in the bathroom.** Your child will learn by watching. Children should be shown what to do in the bathroom by a person of the same sex.
- **Choose words to use** for body parts, urine (pee) and bowel movements (BMs). Avoid words like “dirty” and “stinky” as they might embarrass your child.
- **Use a potty chair.** Small children can get on a potty chair more easily and their feet will touch the floor.
- **Help your child know** when it's time to use the bathroom. Your child may grunt, squat, turn red in the face, or stop playing. Tell your child these are signs that it's time to go to the toilet.
- **Make trips to the toilet** at the same time each day:
 - As soon as your child gets up in the morning
 - Before and after naps



Bedwetting

Bedwetting is common in young kids. Learning control at night comes later than during the day.

It may help to wake your child once during the night to go to the bathroom. A good time to do this is right before you go to bed.

Ready or Not?

Wait until your child is ready to learn to use the toilet. Starting too soon may cause tears and feelings of failure. Delay toilet training if there is a lot going on in the house. For example, do not teach toilet training right after bringing home a new baby or if your child is at the height of the “terrible twos.” When your child is truly ready it will be much easier.

Your child is ready when he or she:

- Can follow simple directions
- Stays dry at least 2 hours at a time and during naps
- Pulls up/down pants
- Tells you about a soiled or wet diaper
- Has bowel movements (BMs) at the same time each day

Helpful Hints

Read “potty” books to your child. This will help your child know that other kids are doing the same thing.

Get your child training pants and easy to remove clothing.

Be there for your child. Your child will need help with clothing, wiping and flushing.

Praise your child when successful. Tell your child it's okay to try again later if needed.

Treat accidents and near misses calmly. It takes time to learn this new skill.

Clean your child carefully. Girls need to be wiped from front to back to avoid infection.

Teach your child the importance of hand washing with soap and water after using the toilet.

For more information on this topic call your doctor or your health plan's member services department.